

Care Gram

Sleep Study

How the Test Works

A sleep study is a test done while you sleep at night. This test is used to evaluate and diagnose any sleep problems you may have. Sleep studies are safe tests that provide valuable information for your doctor. Sleep studies are done on an outpatient basis at Licking Memorial Hospital (LMH), so you will not be admitted to the Hospital.

Allowing Time

Come in for your sleep study appointment at 7:45 p.m. Prior to the start of your study, you will be connected to approximately 25 sensors and will be asked or assisted with filling out paperwork. The sleep study will begin around 10:00 or 11:00 p.m., and will last until 5:30 to 7:00 a.m.

What to Bring to the Hospital

- Two-piece sleeping clothes with undergarments (such as pajamas, sweats, shorts and t-shirt, robe, or slippers)
- A change of clothes for the next day
- Your own pillow, if you prefer
- A list of medicine you take, including the dose and times you take them - bring the medicine in the original containers, if possible
- Items such as shampoo, soap, and towels are provided by the Hospital

Preparation

On the day of your test:

- Do not take any naps
- Do not drink any alcohol
- Do not drink caffeine for 6 hours before your test
- Do not take any over-the-counter medicine that makes you tired
- Continue taking your regular prescription medicine unless your doctor tells you differently
- Shower at home sometime during the day
- Do not use oil, mousse, gel, or hair spray on your hair
- Make sure your hair is dry for the test
- Shave as late in the day as possible

If you have a severe head cold or an upper respiratory tract infection, please call the office at (740) 348-1805. Your sleep study may need to be rescheduled.



**Licking Memorial
Health Systems**

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Page 1 of 3

Registration

Please report to LMH promptly at 7:45 p.m. Enter through the main entrance and follow the signs to Outpatient Registration. You will sign in and wait for the technologist to take you to the Sleep Laboratory. If you arrive after 8:30 p.m., you must enter through the Emergency Department. You will sign in at the Emergency Department desk and wait for the technologist to take you to the Sleep Laboratory.

In the Sleep Lab

- You will be given a pleasant, private room with a TV and bathroom
- You will be given some paperwork to complete - this will help with your treatment

After the paperwork is completed, you will be asked to change into your sleep attire. Before the sleep study begins, the technologist will provide you with information on sleep disorders and possible treatments. A common treatment that may be used during your visit is called Continuous Positive Airway Pressure or CPAP. The technologist can show you the equipment and explain the purpose. If you have a lot of breathing problems during the first half of the night, CPAP will be tried during your visit.

Before the Sleep Study

The technologist will apply several small discs called electrodes and monitors to record your sleep patterns. The setup for the sleep study is painless. You may watch TV or read while it is done. Before the sleep study can begin, the technologist must apply these small discs called electrodes to your body for recording sleep and other functions. You will have the following connected to your body:

- Nine electrodes are glued on your head
 - You do not need to cut or shave your hair
 - The glue dissolves with water in the morning
- Five electrodes are taped to your chin and the temple area
 - These electrodes record eye and chin movements
- A breathing sensor is taped to the area between your nose and top lip
 - This sensor monitors your breathing and does not block your airway
- Adhesive electrodes are attached to your shoulder and the side of your chest
 - These monitor your heart during the night
- Two electrodes are taped to each leg to record all leg movement
- A cloth belt is placed around your chest and abdomen to monitor your breathing
 - These belts are not restrictive and fit over your clothing
- A band aid type sensor is wrapped around a finger to record the amount of oxygen in your blood

During the Sleep Study

The door will be closed and the lights and TV turned off. We do not allow cellular phones or pagers to be on during the night. These may interrupt your sleep.

Your room is monitored with a video camera, and a telecom throughout the night. If you need anything, you can speak with the technologist through the intercom (such as extra pillows or be unhooked to use the restroom).

After the Test

- Once the sleep study ends, the technologist will disconnect all the wires - you will be given an opportunity to take a shower
- When you are ready, you are free to go
- You may drive yourself home or have someone pick you up

You may go to work that day, if required. Please let the technologist know if you need awakened by a specific time.

Finding Out the Results

The results will be ready in about 2 weeks. You will find out the results of your sleep study from the doctor who ordered the study. If the results showed a lot of breathing problems, you may need to return to the Sleep Lab for a second night. The second night is similar to the first, but you will try a special breathing machine called CPAP. The air will start on a low amount and slowly increase until you are breathing and sleeping much better. The air will act as a splint to open up the airway for patients with sleep apnea. This lets your doctor know which treatment setting will be best for you.